



Meet Some of our New MVM Team Members

Many new people have joined MVM in the last year. We always welcome new swimmers and here's a chance to get to know a few of them a little better.



Already, Joan Wrabetz and Scott Finney represented MVM at the USMS Short Course Nationals meet in Mesa, AZ, April 28 through May 1.

Joan Wrabetz joined MVM in August 2010, when she moved here from Minnesota. Joan swam competitively in high school and college and played water polo at Stanford when she was in grad school. Then she swam with Rinconada Masters and Stanford Masters before moving to

Minnesota many years ago. She says, "I had not been swimming for the six months before moving here in August of last year because I was commuting to Austria to a small town that did not have a swimming pool. Needless to say, the first few practices here were very painful!"

Scott Finney found MVM on the USMS website and joined in February 2011. "I swam in high school and for an age group team, and played club water polo in college. I swam on the SCAQ masters swim team in Los Angeles in 2001 and 2002 and swam for the Savannah Masters team in 2003 and 2004. I have been out of the water since then. When I swam for both teams, I competed regularly and swam masters nationals three times." On being out of the water for so long, Scott says, "There are three things I missed immensely when I didn't swim regularly: being in shape, competing, and the smell of chlorine."



Cheryl Chang started swimming with MVM in December 2010 and right away started coming to social events. About her first few workouts at MVM, Cheryl says, "Everyone was super nice and introduced themselves and told me what the set was and when to go, since I was constantly confused with the intervals." Cheryl swam in high school and did PE swimming in college. When she lived in Germany and Switzerland, she swam as part

of the local triathlon clubs. "When I lived in Geneva, in the summer I would ride my bike to the edge of the lake everyday after work and go swimming. I miss that. Then again, winter there is 6 months long." She says, "I used to do a lot of hiking and biking, and a little rock climbing and yoga. Then I had a baby and I hate to be unoriginal, but now I have no time."

Nora Naylor heard about MVM from Sharon Colombo. She previously swam with Stanford Masters and Los Gatos Masters, but working at Symantec in Mountain View makes it convenient to swim with MVM. She says, "I appreciate the later morning swim times. I live in Los Gatos and the morning masters down here is at 5:45 am which is a bit earlier than I'd like to get up." Nora enjoys triathlon, cycling, traveling and "running around after my 15 month old boy—never a dull moment!"



Rich Deborba is a triathlete who joined us in February 2011. Previously, he swam with Silicon Valley Tri Club with Coach Laura, but he says, "I wasn't very consistent." As he trains for a few half ironmans this year, he has to plan all his workouts. He says, "Being on MVM, I have three workouts I never have to think I about. I just jump in the pool Mon, Wed, Fri, and just swim. Its nice having the workouts laid out for me."

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Erika Eichler joined MVM in January of this year after hearing about it from friends who were evaluating masters programs in the area. She swam in high school at St. Francis, and at that time they worked out at Eagle Pool. She says her first few workouts with MVM were “exhilarating, though a little demoralizing

too. I realized I needed to

re-learn all my strokes! But overall, exhilarating!” In addition to swimming, Erika enjoys water polo, running, skiing and traveling. And she says, “I love being a mom. I spend my time trying to figure out how to work less and spend more time with my kids (ages 5 and 7).”

Julio Jimenez joined MVM last summer. He learned to swim in



Mexico when he was 10 years old and competed for several years, but he had been out of the pool for awhile. He says his first few workouts at MVM were “terrible, I couldn't keep up with the other guys. After a month I started catching up, but it was and still is really challenging.” He likes how he pushes harder when swimming with the team than he did swimming by himself. Julio also likes basketball, racquetball, soccer, tennis, ping pong, watching movies and spending time with his family. He wishes workouts could start a little later. “Sometimes I would like to start swimming at 8 or 9, but I understand most people have to work.”



Larry Countryman is another newcomer to MVM, joining November 2010. Larry manages the NorCal swim shop

at 5124 Stevens Creek Blvd, San Jose. Larry swam on age-group teams growing up and swam in college but then he took a long break from swimming. He started up again three years ago. Larry says, “I enjoy the workouts and the energy I have through the day. Also enjoy the chance to socialize while swimming.” About the shop he says, “We pretty much have everything you need for swimming! Come on in and check it out!”

Kalpana Nathan's Story in Her Own Words

I joined MVM in February of this year. The idea was planted in my reluctant brain last November by Carolyn Boak, who gave me some numbers to call and convinced me that it would be just fine for someone with no competitive swimming experience to give it a shot. Little did I know that Carolyn herself is a coach and holds several world championship records. I can tell you that had I heard that before, I never would have ventured out to test the waters. It surely would have intimidated me, having never been any sort of athlete my entire life.

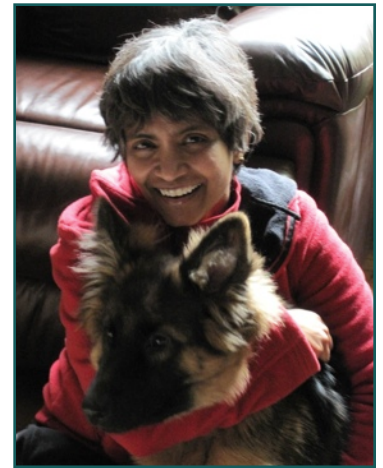
In my twenties, I took a few community swimming classes, and then started swimming regularly in my thirties, mostly because it relieved all the aches and pains of sitting crammed in a car for long hours commuting to work in San Francisco for a few years. After swimming at various gyms, I had sort of given up a couple of years ago. It was difficult to make the time (as it always is), and it is easy to creep into middle-age lethargy.

Would I have ever imagined at the beginning of this year that I would be swimming longer and better than ever before just a few months later? Hard to believe, but that is what has happened after swimming merely three times a week for the last couple of months. I am deeply grateful to all the coaches who are so generous with their time—Laura who really worked hard to break my stubborn-old-wrong-way of swimming; Chris who gave me an unforgettable mini-lecture on the T, swimming from the core and using the latissimus dorsi; Jody who has such great enthusiasm and is always encouraging; Misa who painstakingly tried to explain what all the cruise lingo is about; and Bob who gave me feedback on my very first clumsy trial of the dolphin/butterfly (I was trying it out after watching the technique on the internet when there was no one else in the lane and I thought no one was looking).

On my very first time there, on a chilly February morning, gasping for air desperately after a couple of laps, I had a moment of panic “this is certainly not for me,” and I just wanted to get out. There was only one other person in the slow lane, and she graciously let me keep to one side (where I could feel the side of the pool to stifle the panic) and I managed to get through it. I remember telling one of my friends, “These people are serious. There was just violent thrashing around, and crazy swimming going on.” It was intimidating, yet it piqued my interest. I guess I don't like to give up. It seemed like a fun challenge, and here I'm still going strong. I remain in the slow lane, and likely will stay there for ever, but my pace is improving, and I am feeling better already.

It is hard not to push yourself when you are surrounded by people doing their best, and the workout is infinitely better than keeping your own slow pace by yourself at the gym. Having never played any team sports, this is the closest I have come to experiencing it and I am surprised at how much I am enjoying it.

I am thankful to be part of this community, to be among people who are friendly, accepting and gracious, filled with a passion for swimming which is rather infectious, and I look forward to getting to know more of you in the days, months and years ahead.



MVM TEAM CALENDAR

MAY 2011

21 (Sat) Spring Lake Open Water One Mile Swim
Santa Rosa, CA

JUNE 2011

4 (Sat) Lake Berryessa 1 & 2 Mile Open Water Swim

10 – 12 Pacific Masters Swim Clinic – Excel Weekend

12 (Sun) Lake Del Valle Open Water Swim

19 (Sun) MVM Boat Party at Shoreline Lake

JULY 2011

8 – 10 Long Course Meters Championship, Santa Cruz

16 (Sat) MVM Team Picnic at Cuesta Park



The Lake Berryessa swim on June 4th will be a team event for MVM this year. We are hoping that as many MVMers as possible will participate. You can do the 1 mile, the 2 mile, or both. Watch for more info about carpooling.

All pre-registered swimmers get a famous Official Berryessa Mug. Pre-registration goes through May 19. Check

here for more info: http://www.pacificmasters.org/comp/openwater_meetsheet/11damow.pdf

Coach's Corner *by Jody Smith*

"I Challenge You!" Many of you have heard me say this in the middle of a workout, or at the beginning of a tough set or provide it as an option if you are feel spunky that morning. And I always appreciate the reactions I receive from all of you, even the sarcastic ones and the "are you crazy?" looks on your faces! But as a coach what I truly love is getting to see you rise to that challenge and blow it out of the water.

As much as I enjoy Masters Swimming for the friendships and camaraderie I have experienced over the years, attempting and succeeding at the day-to-day challenges is what keeps me excited and getting back in the water each day. It's the workouts, the sets and keeping up with the other swimmers in the pool that draws me to Masters practices. It's trying to make a set or do a time in a race or to finally keep my head from bobbing around when I swim backstroke that adds an additional feeling of achievement to my swimming and focus to my workouts.

So I ask you: What do you want to accomplish in the water? What would make you even more excited about swimming with MVM? What do you want to improve?

Given those questions, let me end this Coach's Corner with a Challenge: I Challenge You to set a goal to be obtained in the next three months, and then another one when you achieve that goal, and then another one... (you get the idea). Whether it's to improve your backstroke, make 100's on 1:45 for the first time, swim an Open Water Race, do 20,000 yards in a week or just make it to practice on time, give yourself another fun reason to be in the water. And I want to know your goal, so please e-mail it to me! (jody@mvm.org)

Words to Swim (and Live) By *by Coach Misa Sugiura*

Swimming is a great metaphor for life: we go with the flow, we try to keep our heads above water, we swim against the tide. So, too, with much of the swimming advice I've received over the years. The following are my favorite swimming mantras, drilled into me by coaches and teammates over the years. Some of them are definitely swimming-specific, but with a little creative tweaking, some can be expanded to include the universe:

- 1) You are 70% water. The water is your friend.** That is to say, don't fight it. Work with it, not against it. If you feel yourself struggling, loosen up. Experiment with body position and sculling to get a better feel for the water.
- 2) If you're tired, focus on your form.** This doesn't mean back off or slow down, by the way. It has two benefits: First, by focusing on good form, you stop focusing on how tired you are. Second, good form is all about energy-efficiency; hopefully it will make up for being tired.
- 3) Stop your whining and swim.** The, um, tough-love version of #2.
- 4) Keep your hips up.** I heard this a lot because I was a backstroker, but it really applies to all the strokes. Think about it the next time you swim butterfly.
- 5) I can do this.** Say it with me: I can do this. I can do this. I can do this. It's amazing—if you actually say the words to yourself before or during a hard set, you start to make it happen.

Bottom line: Relax. Focus. Be aware of yourself and your environment. Work with that environment, and do what must be done as well as you can. See? Now go have a great swimming workout, and be the Buddha for the rest of the day.

MVM Results Round Up



Jody and Karla win High Point Awards Based on their performances and points scored during last year's SCY, LCM, SCM and Open Water seasons, Coach Jody Smith and Karla Rees were awarded Swimmer of the Year honors in their age groups at the Pacific Masters SCY Championship Meet in April. Congrats Jody and Karla!

MVM Wins Large Team Competition in Postal 1650

Great job to all the MVMers who participated in the TAM Postal 1650 this year. MVM came in first place in the large team category with 30.7% participation. MVM also took second in the small team category for the postal one-hour swim.

USMS SCY National Championships Four MVMers traveled to Arizona for the Short Course Yards National Championships: Jody Smith, Chris Campbell and newcomers Joan Wrabetz and Scott Finney. Jody won the 500 Free with a new team record of 5:12.98. She also took first place in the 200 Free and set a new team record in the 50 Fly. Chris set a new team record in the 400 IM.

Way to go, nationals swimmers!

St. George Iron Man Triathlon MVM's Tana Jackson and Dave Tarkington completed in the St. George Iron Man Triathlon on May 5, 2011. Tana won her division with a time of 11:11:33, 23 minutes faster than the 2nd place finisher. Awesome race, Tana and Dave!

MVMers at Wildflower MVM was well represented at Wildflower on April 30, 2011 by Coach Dale Jackson and Rune Dahl in the Long Course race, and Rich Deborba, Sabine Bosklopper, Andrew Hurst and Denise Walos in the Olympic Course race. Rich Dixon double dipped, competing in both the Olympic Distance and the Mountain Bike races, and Team Board President Bob McKee teamed up with cyclist Caroline Judy and runner Herman Chiao to form Team WiTri in the Mixed Masters Relay division in the Long Course Race.

For more news, photos and results, go to our website, <http://www.mvm.org>.



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STAY CONNECTED

Here's Your Guide to Staying Connected with MVM and with Each Other



MOST IMPORTANT:

The OFFICIAL MVM Email List

This is the official path of communication from MVM to all swimmers. Receive regular weekly team announcements, plus occasional alerts such as last-minute schedule changes or emergency pool closures.

TO JOIN: Subscribe with your email address on the MVM website; click on "Announcements" and then "What's New," or just go directly to: www.mvm.org/mvm-newsletter.php



ALSO VERY USEFUL: The MVM-Social Yahoo Group

The MVM Social Yahoo Group was formed to facilitate communication between swimmers. Suggest informal gatherings, arrange carpools to events, or just ask a question of your fellow swimmers.

TO JOIN: Send an email to mvm-social-subscribe@yahoo.com, or visit the group at groups.yahoo.com/group/mvm-social.



And for those who can't get enough: MVM on Facebook

The Mountain View Masters Facebook Group is just a casual, unofficial group for those who are already on Facebook. It provides an additional means to communicate and network with your fellow swimmers.

TO JOIN: On Facebook, search for "Mountain View Masters" to find us, then click on "Join Group."



Also be sure to visit our parent organizations, Pacific Masters Swimming and United States Masters Swimming,

www.pacificmasters.org and www.usms.org

